Amendments to the Claims:

Please amend the claims to read as follows:

Claims 1 -39 (cancelled).

40 (new). A method of coupling light from an optical header having a light source and a detector to an optical fiber having an inner reflective surface, the method comprising the steps of:

producing a light from the light source such that the light impinges upon the inner reflective surface to thereby form a first light component that is reflected substantially along the longitudinal axis of the optical fiber and a second light component that is transmitted through the inner reflective surface to the detector; and

monitoring the second light component at the detector to thereby indicate the intensity of the light emanating from the light source.

- 41 (new). The method of claim 40 further comprising the step of placing the optical fiber in a groove prior to the aligning step.
- 42 (new). The method of claim 41 wherein the aligning step comprises axially moving the optical fiber in the groove.
- 43 (new). The method of claim 42 further comprising the step of axially adjusting the optical fiber through movement within the groove in response to the monitoring step.
- 44 (new). The method of claim 43 wherein the adjusting step comprises maximizing the intensity of the light monitored by the detector.
- 45 (new). The method of claim 40 further comprising the step of controlling the light source as a function of the intensity indicated in the monitoring step.

- 46 (new). A header for a fiber optic array comprising a plurality of optical fibers, each optical fiber having a reflective surface and a longitudinal axis, the header comprising: a plurality of light sources configured to provide a light to the plurality of optical fibers, wherein each light source is aligned proximate to the reflective surface of a corresponding one of the plurality of optical fibers; and a detector located opposite the plurality of optical fibers from the plurality of light sources;
 - wherein the light from the plurality of light sources impinges upon the plurality of optical fibers such that a first portion of the light is reflected substantially along the longitudinal axes of the optical fibers, and such that a second portion of the light is transmitted through the reflective surfaces to the detector.
- 47 (new). The header of claim 46 further comprising a light transmission medium displaced between the plurality of optical fibers and the detector to transmit the second portion of light to the detector.
- 48 (new). The header of claim 47 wherein the light transmission medium comprises a prism.
- 49 (new). The header of claim 47 wherein the light transmission medium comprises a glass plate.
- 50 (new). The header of claim 47 wherein the light transmission medium comprises an optical grade epoxy.
- 51 (new). The header of claim 46 wherein the plurality of light sources comprises a plurality of vertical cavity surface emitting lasers (VCSELs).

- 52 (new). A header for a fiber optic array comprising a plurality of optical fibers, each optical fiber having an end with a reflective angled surface and a longitudinal axis, the header comprising:
 - a plurality of VCSELs configured to provide a light to the plurality of optical fibers, wherein each light source is aligned proximate to the end of a corresponding one of the plurality of optical fibers;
 - a detector located opposite the plurality of optical fibers from the plurality of VCSELs;
 - a light transmission medium between the plurality of optical fibers and the detector, wherein the light transmission medium comprises a prism configured to interface with the angled surfaces of the plurality of optical fibers; and

wherein the light from the plurality of VCSELs impinges upon the plurality of optical fibers such that a first portion of the light is reflected substantially along the longitudinal axes of the optical fibers, and such that a second portion of the light is transmitted through the light transmission medium to the detector.